

YOUTH HEALTH AWARENESS WEEK

Astitva, Department of Philosophy and Parivartan, National Service Scheme (NSS) of Mata Sundri College came together for one of a kind health drive. Youth Health has become a major concern especially during this lockdown. To address these issues interactive sessions and workshops were conducted over the course of 3 days. (13th jan,2021 to 15th jan,2021)

The first day of the 'Youth Health Awareness Week' (YHAW) began with a workshop on Psychological Wellness, conducted by Dr. Pooja Wadhawan, assistant professor, Psychology Department, Mata Sundri College for Women.

The second day was the activity day under which two competitions were held one of the two was Slogan Writing and a Reels competition.

The final day i.e. 15 January was dedicated to physical health. An interactive talk was organized on "Comprehensive young adult health education" and the guest speaker for the afternoon were Dr. Manju Agarwal who is a Consultant Gynecologist, Obstetrician and Laparoscopic SPL.